

WEEKLY CLUB ACTIVITY PROGRAMME

DAY	TIME	EVENT/CLASS	TRAINER	ROOM USED	PHONE	EMAIL
Monday	10.00 onwards	Slimming World	Joolie Cunningham	FUNCTION	07912 249670	jooliecunningham@gmail.com
	17.00 - 19.40	Squash – Club Night *	N/A	COURTS	01476.561149	bryn@granthamsquash.co.uk
	17.30 - 18.15	HIT/Circuit **	Pacie Richards	STUDIO	07900.365371	pacierichards@gmail.com
	17.30 onwards	Slimming World	Joolie Cunningham	FUNCTION	07912 249670	jooliecunningham@gmail.com
	18.30 - 19.30	Cycle to Music **	Alison Beardsley	STUDIO	07944.733951	geordiegirl18@hotmail.co.uk
Tuesday	14.00 - 16.00	Scottish Country Dancing	John Aitkin	FUNCTION	07770 428103	j_aitken@hotmail.co.uk
	17.40 - 19.40	Junior Squash Coaching *	Nige and Rae Truman	COURTS	07715.331440	nigerae@live.com
	18.00 - 18.45	Zumba ***	Jaszie Ellis-Douglas	FUNCTION	Facebook	N/A
	18.00 - 18.45	Spinning **	Pacie Richards	STUDIO	07900.365371	pacierichards@gmail.com
	18.45 - 19.45	MMA **	Pacie Richards	STUDIO	07900.365371	pacierichards@gmail.com
Wednesday	10.00 - 11.00	Beginner Ladies Racketball ***	Helen Rees	COURTS	07788.810410	hels.squash@gmail.com
	17.00 - 19.40	Racketball – Club Night	N/A	COURTS	01476.561149	bryn@granthamsquash.co.uk
	17.45 - 18.30	Zumba ***	Jaszie Ellis-Douglas	FUNCTION	Facebook	N/A
	18.40 - 19.40	Beginner Mixed Squash (Ladies 11+) ***	Helen Rees	COURTS	07788.810410	hels.squash@gmail.com
	18.45 - 19.30	HIT/Circuit **	Pacie Richards	STUDIO	07900.365371	pacierichards@gmail.com
	18.45 - 19.25	Pilates - Private chargeable	Julie Simpson	FUNCTION	07846.243921	jstrainer@hotmail.co.uk
	19.20 - 20.20	Beginner Mixed Squash (16+)	Helen Rees	COURTS	07788.810410	hels.squash@gmail.com
	19.30 - 20.00	Boxercise **	Pacie Richards	FUNCTION	07900.365371	pacierichards@gmail.com
	20.00 - 21.00	Club MMA - Private chargeable	Pacie Richards	FUNCTION	07900.365371	pacierichards@gmail.com
Thursday	11.30 - 14.20	MovementandMusic	Carole Foote	FUNCTION	07986 721920	cf.movementandmusic@gmail.com
	16.40 - 17.40	Beginner Junior Squash *	Helen Rees	COURTS	07788.810410	hels.squash@gmail.com
	17.15 onwards	Slimming World	Joolie Cunningham	FUNCTION	07912 249670	jooliecunningham@gmail.com
	17.45 - 18.30	Spinning **	Pacie Richards	STUDIO	07900.365371	pacierichards@gmail.com
	18.30 - 19.00	HIT/Circuit **	Pacie Richards	STUDIO	07900.365371	pacierichards@gmail.com
Friday	09.30 onwards	Slimming World	Joolie Cunningham	FUNCTION	07912 249670	jooliecunningham@gmail.com
	14.00 - 15.30	U3A	Damian McEntegart	BAR	07804 631311	damo_56@hotmail.com
	19.00 - 20.00	MMA - Private chargeable	Pacie Richards	FUNCTION	07900.365371	pacierichards@gmail.com
Saturday	11.15 - 12.15	Childrens MMA - Private chargeable	Pacie Richards	FUNCTION	07900.365371	pacierichards@gmail.com

* Members only

** Included in membership, non-members chargeable

*** Reduced rates for members

